

# Worksite Wellness Success Stories

May 2008

## [Going the Extra Mile](#) (pdf)

Michigan Department of Education  
Smart Commuter Team



There were 17 members of the Michigan Department of Education Team (MDE), including five from the Department of Labor and Economic Growth. As in 2006 and 2007, the MDE Team was organized by Jane Reagan, and she reported that the Team walked, motorcycled, bussed, bicycled and car pooled to work during the challenge, totaling 136 total smart commuter-days, which is how the competition counts activity.

Reagan has been a member of the MDE Wellness Action Team since 2002 and enjoys the group's efforts to inform colleagues about healthy eating, playing and working. She believes the efforts to get healthy or stay healthy do require that: *requiring effort*. With severe budget cuts, workloads increasing each year and so many retirements, the stress levels at the office can be offset by physical activity and eating nutritious food. She also added that "People who have a healthy outlook are simply more fun to work with, and maybe they are more productive too!"

Submitted by Jane Reagan, MDE